

Character Community



E-News



A Town of Richmond Hill initiative.

A Town of Richmond Hill Character Community monthly e-letter

January is Optimism

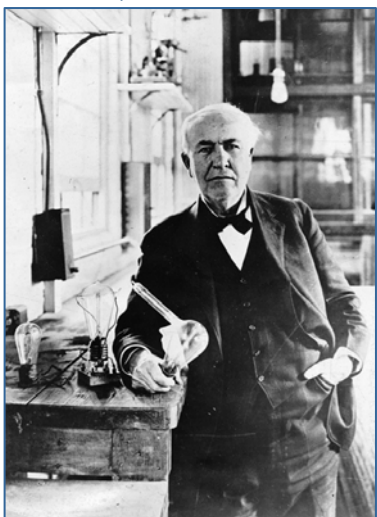
I will maintain a positive attitude, look on the brighter side of situations and seek opportunities in the face of adversity.

January 2009

Town of Richmond Hill Character Community Organizations

The Glass Is Half Full

Thomas Alva Edison, a well known inventor is known for his positive attitude towards life. Wherever I read a story about optimism, it is from the life of Edison. One of the stories goes like this....



Edison was in the process of inventing his well-known invention - the incandescent lamp. The headache in this process is to find a suitable material that glows on heating. He was trying a lot of combinations to suit his need but each were in vain (it is a pity tungsten was not popular in those days). Edison would not give up. But his assistant was not as optimistic as Edison.

One fine day he asked Edison with total loss of hope what on earth he was trying to do and how does he intend to find the right substance in this tedious way. Edison replied "By checking these hundreds of compounds, I have eliminated the substance that does not glow. So I will soon be able to find the right substance in this way." He does not mean what he literally said. But this is an optimistic way of looking at things.

Consider you have a glass containing some water. An optimistic person will be happy that it is half filled with water and a pessimistic person will be disappointed that it is half empty. Optimism is the only way of converting failure to success.

Source:
<http://anand85.wordpress.com/2007/01/06/inspiring-stories-optimism/>

Keep On Keepin' On

*If the day looks kinder gloomy
And your chances kinder slim,
If the situation's puzzlin'
And the prospect's awful grim,
If perplexities keep pressin'
Till hope is nearly gone,
Just bristle up and grit your teeth
And keep on keepin' on.
Frettin' never wins a fight
And fumin' never pays;
There ain't no use in broodin'
In these pessimistic ways;
Smile just kinder cheerfully
Though hope is nearly gone,
And bristle up and grit your teeth
And keep on keepin' on.
There ain't no use in growlin'
And grumblin' all the time,
When music's ringin' everywhere
And everything's a rhyme.
Just keep on smilin' cheerfully
If hope is nearly gone,
And bristle up and grit your teeth
And keep on keepin' on.*

Source: www.pinkpoem.com



- The Amici Centre
- Arts Richmond Hill Inc.
- Between Friends
- Catholic Community Services of York Region
- Community Living York South
- The Curtain Club Theatre
- Girl Guides of Canada York South Div.
- Helpmate Community Information
- Hill House Hospice
- Ja'fari Islamic Housing
- Learning Disabilities Association of York Region
- Lions Club of Richmond Hill
- Music to Care for Your Life
- Opera York
- Optimist Club of Richmond Hill
- Region Of York Recreationists (ROYR)
- Richmond Hill Aquatic Club
- Richmond Hill Canoe Club
- Richmond Hill Chamber of Commerce
- Richmond Hill Community Church
- Richmond Hill Community Food Bank
- Richmond Hill Community Sports Council
- Richmond Hill Lawn Tennis Club
- Richmond Hill Rams Hockey Club
- Richmond Hill Soccer Club
- Richmond Hill Social & Bocce Club
- Richmond Hill Training Centre
- Richmond Hill Winter Carnival
- Royal Canadian Legion Branch #375
- Spiritual Assembly of the Bahai's of Richmond Hill
- St. Matthew's United Church Health Cabinet
- Stroke Recovery Network
- Top o' the Hill Co-operative Nursery School
- Volunteer Association of York Central Hospital
- Wilderness Lifeskills of Youth Inc.
- York Region Support Group of Parents of ADHD Kids
- Youth Assisting Youth

How To Be An Optimist

Optimism is measured by your explanatory style, or how you define events. If you can learn to define positive events as being a) because of something you did, b) a sign of more good things to come and c) evidence that good things will happen in other areas of your life, you're halfway there. If you can also think of negative events as a) not your fault, and b) isolated occurrences that have no bearing on future events or other areas of your life, you're the rest of the way there! Here's how:

1. When something positive happens in your life, stop to analyze your thought process for a moment. Are you giving yourself due credit for making it happen? Think of all the strengths you possess and ways you contributed, both directly and indirectly, to make this event occur. For example, if you aced a test, don't just think of how great it is that you were prepared, but also think of how your intelligence and dedication played a role.
2. Think of other areas of your life that could be affected by this good event. Also, think of how the strengths you possess that caused this good thing to happen can also cause other positive events in your life. For example, what other good things can come from your intelligence, dedication, and ability to effectively prepare for tasks?

3. Imagine what future possibilities could be in store. Because you hold the key to your success, shouldn't you expect to do well on future tests? Isn't a successful career a natural result?
4. When negative events occur, think of the extenuating circumstances that could have contributed to this happening. If you do poorly on an exam, for example, were you especially busy in the preceding week? Were you somewhat sleep deprived? What outside circumstances contributed to your failure? Keep in mind that this isn't necessarily a reflection of personal weakness.
5. Also remember that you'll have endless opportunities to do better in the future. Think of your next potential success, or other areas where you can excel.

Source: <http://stress.about.com>

Optimism Quotes



"The pessimist borrows trouble; the optimist lends encouragement."
~ William Arthur Ward



"Life is too short to spend your precious time trying to convince a person who wants to live in gloom and doom otherwise. Give lifting that person your best shot, but don't hang around long enough for his or her bad attitude to pull you down. Instead, surround yourself with optimistic people."
~ Zig Ziglar



"When life knocks you down, try to land on your back because if you can look up, you can get up. Let your reason get you back up."
~ Les Brown

Next Month's Attribute:
February is Initiative



Be Optimistic, Council Reveal Lexus That Could Be Yours!

Back in December, Council announced the details of the upcoming Super Grand Gala "For the Love of the Arts" and, most importantly, unveiled a 2009 Lexus IS 250 RWD for the Gala raffle. The Super Grand Gala takes place on April 17, 2009 at Le Parc Conference and Banquet Centre (8432 Leslie Street) where the Lexus will be raffled off. Tickets for the evening are \$150 each and raffle tickets are \$20 each. Proceeds will be donated to the Richmond Hill Centre for the Performing Arts. To purchase tickets or for information, visit www.richmondhill.ca/theatre

Character Community E-News is a monthly e-mail newsletter to share information about upcoming events within our organization and beyond. If you would like to contribute upcoming Character Community event information, story ideas or photos, please forward it to the Editor, Michelle Lipkus, at mlipkus@richmondhill.ca.